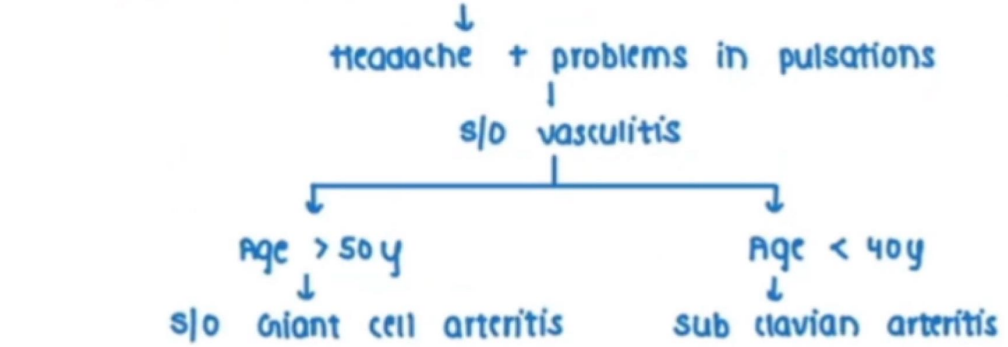
ETIQUETTES OF A DOCTOR

- Empathy
- Respect
- Polite
- Consent
  - patient agreeing for their physical, general or systemic examination or invasive examination.
  - Minimum age → 12 years
  - Has to be informed
- Always have a female attendant while examining female patient (If you are a male doctor).
- Provisional diagnosis
  - Clinical examination starts as soon as patient enters OPD
    - gait
    - Dressing sense - socio economic history
    - while talking - idea about speech.
- Appearance
  - Formally dressed with smile on face
  - watch
  - Respectable approach
  - Clinical knowledge

DEMOGRAPHY AND ITS SIGNIFICANCE

- Components of demographic data :
  - Name - full name
  - Age
    - Elderly - DM, HTN, cancers, anxiety, depression, isolation issues
    - Middle - surgical issues
    - Young - Developmental, viral fever, psychiatric illness
    - NEET PG correlation



  - Sex
    - Female - Obstetric History
      - Gynaecological History
      - Menstrual History
      - Disease more common in female
        - sarcoidosis
        - CREST
        - sjogren syndrome
    - Male
      - Disease common in males
        - Ca prostate
        - cancers of head and neck, mouth, abdomen

- Address
  - Endemic disease
    - Maharashtra - vidarbha - Hemolytic anemia
    - Himalayan belts - Iodine deficiency
    - South India - DM, HTN.

- Occupation
  - Occupational lungs disease
  - Teacher / job involving standing for long hours - varicose veins

- Socio economic status
  - 2 socioeconomic scales
    - Modified Kuppuswamy scale - urban areas
    - BG Prasad scale - rural areas

- Date of admission

- Date of examination

CHIEF COMPLAINTS AND HOPI

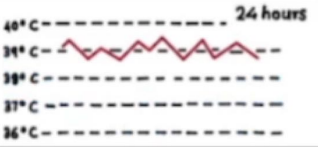
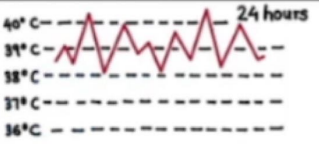
- Always in patients own words and no scientific terms

- Chief complaint
  - Maximum 3 important chief complaints
  - Maintain chronological order - whatever happened first should be written first

- History of presenting illness [HOPI]
  - Story in patient's own words
  - Elaborate the chief complaints in HOPI
  - Any symptom
    - O - Onset
    - P - Progression
    - D - Duration
    - A - Aggrevating factors
    - R - Relieving factors
  - Pain
    - S - Site
    - O - onset
    - C - character
    - R - Radiation
    - A - Associated factors
    - T - Time
    - R - Relieving factors
  - Swelling
    - site
    - size
    - surface of the swelling
    - skin overlying the swelling

  - Fever
    - rise in body temperature (> 98.6 °F OR > 37.1°C)

- 3 basic patterns

TYPES OF FEVER	COURSE
• Continuous	
• Remittent	
• Intermittent	

NEGATIVE HISTORY

- HOPI and negative history → narrow down the disease to three different levels
  - Anatomy - organ or system disease is originating from
  - Etiology
  - Pathology

- Negative histories
  - CVS
    - no chest pain
    - no breathlessness
    - no palpitations
  - RS
    - History of fever
    - History of cough
    - History of breathlessness
    - History of allergy
    - History of wheezing
    - History of stridor
  - CNS
    - Fever
    - Headache
    - Neck stiffness
    - Vomiting
    - nausea
    - Weakness
    - Gait abnormalities
    - vision abnormalities
    - Taste abnormalities
    - Hearing abnormalities
  - GIT
    - Nausea

- Vomiting
- Loose stools
- Constipation
- Abdominal pain
- Fever
- Rash

- Musculoskeletal system
  - Joint pain
  - Joint swelling
  - Skin rashes
- Hematology
  - Anemia
  - Fatigue
  - Tiredness
  - Fever
  - Rashes
- Endocrine
  - Thyroid
    - History of neck swelling
    - History of palpitations
    - History of tremors

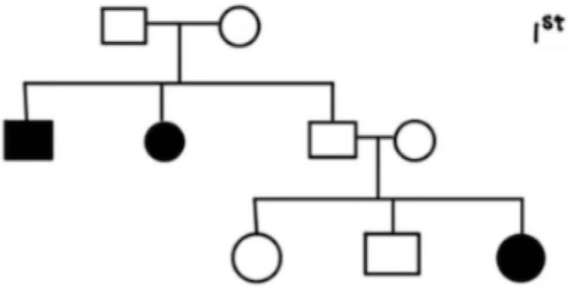
    ] → To rule out hyperthyroidism
  - DM
    - urea (History of frequently passing urine)
    - polyphagia
    - Hyperglycemia
- Infection
  - Fever
  - Mosquito bite / Insect bite / small rodent bites

TREATMENT HISTORY, PAST HISTORY, FAMILY HISTORY

- **Treatment History**
  - What treatment patient has recieved
  - History of Blood transfusion
  - History of previous admissions and whether it is related to current state
  - Drugs patient is taking [Drugs for DM, HTN, thyroid]
  - Pediatrics - Immunisation History
  - Surgery patient underwent

- **Past History**
  - Childhood disorders - rashes, measles, mumps, rubella, chicken pox
  - Chronic diseases like
    - Diabetes
    - Hypertension
    - Thyroid disorders
    - Asthama
    - COPD
    - Bronchitis
  - Tuberculosis
  - Rheumatic Heart disease
    - Joint pain
    - Fever
    - Sore throat
  - History of trauma

- **Family History**
  - History of similar complaints in family - s/o inherited disease
  - Pedigree chart
    - Atleast 3 generations



- unaffected male
- unaffected female
- Affected male
- Affected female

- 5 patterns of inheritance
  - Autosomal recessive
  - Autosomal dominant
  - X linked recessive
  - X linked dominant
  - Mitochondrial inheritance

A] Autosomal Recessive
- Beta thalassemia
- Alpha thalassemia
- Sickle cell anemia
- Cystic fibrosis
- Wilson's disease
- Haemochromatosis

B] Autosomal dominant
- Achondroplasia
- Marfan syndrome

- Hereditary spherocytosis
- Neurofibromatosis
- Tuberous sclerosis

c] X-linked recessive
- Colour blindness
- Hemophilia
- G6PD deficiency

D] X linked dominant
R - Rett syndrome
A - Alport syndrome
V - Vitamin D Resistant Rickets
I - Incontinentia pigmenti
C - Charcot Marie Tooth syndrome

E] Mitochondrial inheritance
- LHON - Leber's Hereditary optic Neuropathy
- MELAS - Mitochondrial Encephalopathy Lactic Acidosis stroke

PERSONAL HISTORY, MENSTRUAL HISTORY, SOCIAL HISTORY

- Personal History
  - Smoking
  - Tobacco
  - Alcohol
  - What is their sleep?
  - What is their dietary habit?
  - Any problem with bowel and bladder
  - Marital History
  - Occupation History

A] Smoking History
- What kinds of cigarettes are they smoking?
- For calculation
  - ↳ Pack-Year Index
    - unit for measuring the amount a person has smoked over a long period of time
    - no. of packs of cigarettes smoked per day
      x
      no. of years the person has smoked
    - For eg:
      1 pack year = 20 cigarettes (1 pack) per day for 1 year
      OR
      40 cigarettes per day for half a year
    - 1 pack year is equivalent of 365·24 packs of cigarettes or 7,305 cigarettes, in a year as a smoker.

- pack year of >20 → very dangerous
- pack year of >40 → high risk of developing lung cancer

- Smoking predisposes to
  - Atherosclerosis
  - Esophageal cancer
  - Gastric cancer
  - Urinary bladder cancer
  - Impotence
- Protective against
  - Ulcerative colitis
  - Fibroids
  - Pre eclampsia

B] Alcohol
- Types
  - Desi daru
  - whiskey
  - vodka
  - wine
- How much alcohol a person is taking? Does it lie in safe or unsafe category?

↳ 1 unit of alcohol = 10 ml of absolute alcohol
[100 % alcohol]

→ Males : >21 units / week
Females : >14 units / week
] → very dangerous

- Females – more prone to develop liver cirrhosis when they are consuming alcohol

C] Tobacco smoking
- Increases risk of oral cancers

D] Substance use
- Heroin
- Cocaine
- Methamphetamine
- Marijuana
- Cannabis

E] Sleep
- How many hours ?
- Disturbed sleep - earliest sign in hepatic encephalopathy

F] Bowel and bladder habits
- Are they having any issues
- Bladder (older age group)
  - C/O Hesitancy , urgency , frequency , nocturia
    ↳ S/O prostatic Hyperplasia or CA prostate

G] Marital History
- How long have been married ?
- How many children

- Menstrual History
  - Age of menarche
  - Duration of cycle
  - Quantity of blood lost during menses - assessed by number of pads
  - Age of menopause
    - Any Bleeding after menopause → post menopausal Bleeding
      ↳ S/O senile vaginitis
        - cervical issue
        - endometrial cancer
        - cancer cervix
        - vaginal cancer

- Any reproductive age group female - always do a UPT to rule out pregnancy
- LMP (last menstrual period) - first date of last menstrual period
- If pregnant → EDD (Expected date of delivery)
  ↳ **Naegele's formula = LMP + (9 months + 7 days)**
- Obstetric History
  - Obstetric score → G P L A D

- Socioeconomic History (In PSM)
  - Type of House - Kutcha house, Pucca house
  - Sanitary well
  - Mosquitoes
  - Ventilation
  - Doors and windows

- Summarize History
  - 2 paragraphs
    - 1st - positive findings from chief complaints and HOPI
    - 2nd - Relevant negative history, positive findings from rest of history